

Three Counties Receive \$225,000 to Reduce Underage Drinking

Grants coincide with new report to congress on national prevention strategies.

The DSHS Division of Alcohol and Substance Abuse (DASA) will award grants totaling \$225,000 to three community organizations in Spokane, Grant and Yakima counties to reduce underage drinking.

The agencies receiving new funding through a statewide competitive process are:

Mabton Police Department

Raul Almeida, Chief of Police

Phone: (509) 894-4096

Award: \$75,000

Programs to be implemented: Retail sales compliance checks; Shoulder-tap operations (where teens ask adults to buy alcohol for them, and police officers arrest those adults who do) to reduce the likelihood that adults will buy for minors (one of the most common ways youth get alcohol.); working with local merchants to decrease shoplifting of alcohol; and a media campaign in-

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Prevention and Treatment Resources

DASA website: www1.dshs.wa.gov/dasa

Chemical Dependency Professionals:
<http://www.cdpcertification.org/default.asp>

Alcohol/Drug 24-Hour Helpline:
1-800-562-1240
www.adhl.org

Alcohol/Drug Prevention Clearinghouse:
1-800-662-9111
<http://clearinghouse.adhl.org>

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*From
the
Director*

Criminal Justice: Challenges for the Chemical Dependency Field

By Ken Stark

During the 2002 and 2003 Legislative Sessions, the Washington State Legislature made changes in state law that resulted in an annual amount of \$4.475 million coming to the Division of Alcohol and Substance Abuse (DASA) for the treatment of adult offenders who have a substance abuse addiction. These changes, known as the Criminal Justice Treatment Account (CJTA), are the direct result of the success our state's treatment agencies have in treating offenders and DASA's ability to document that success in research.

A significant contributing factor to the Legislature appropriating these funds is the partnerships being formed between the chemical dependency field and the criminal justice profession. Representatives of state agencies, county government, and professional organizations representing chemical dependency treatment agencies, law enforcement, judges, prosecutors, and defenses attorneys came together to form the CJTA Panel. This Panel oversaw the development of county plans for the delivery of treatment services to offenders with these funds.

Now, our field is faced with several challenges in continuing to prove that offenders can be effectively treated. The first of these challenges is to continue to improve communications and collaboration between the chemical dependency field and the criminal justice profession. I strongly encourage treatment agencies and alcohol and drug county coordinators to work very closely with the prosecutors, judges, and defense attorneys to implement the county plans. My staff, most notably the Regional Administrators and the Regional Treatment Managers, are committed to working with you on collaboration between the chemical dependency field and the criminal justice profession.

The second challenge is efficiency. Imple-

menting services for offenders with CJTA funds is a first for counties, who must now coordinate all the treatment services, both outpatient and residential. Previously, counties provided outpatient services while DASA contracted directly with providers for residential services. DASA will continue to contract directly with residential providers for services to non-offenders. Counties and DASA need to look at ways of collaborating that reduce and simplify contract requirements for residential providers.

The third challenge is continued collection of data. It is critical that we be able to document the success of our efforts to treat offenders. My staff has been working to make the changes in the TARGET data system that will let agencies enter treatment information on offenders receiving services.

The last challenge is the improvement of services to offenders through the use of best practices. Research shows that the longer a person participates in treatment, the greater the chances are that the person will not relapse. The research also documents that offenders participating in treatment under the supervision of a drug court have reduced re-offense rates. We need to continue to explore the use of best practices that increase treatment retention rates.



Counties Receive Grants continued

tended to inform teens about the community's zero tolerance for teen drinking and the benefits of avoiding it.

Grant County Prevention and Recovery Center

Wendy Hanover, Prevention Specialist
Phone (509) 765-5402
Award: \$75,000

Programs to be implemented: Parent education to assist them in talking to their children about alcohol use; and a media campaign and classes intended to inform teens about the community's zero tolerance for teen drinking and the benefits of avoiding it.

Spokane County Community Services, Substance Abuse Prevention

Alan Zeuge, Prevention Specialist
Phone (509) 477-4508
Award: \$75,000

Programs to be implemented: Retail sales compliance checks; police emphasis patrols to stop underage alcohol parties; alcohol-free community events for youth and a counter-advertising media campaign intended to inform teens about the community's zero tolerance for teen drinking.

Since 1999, more than \$2.6 million has been awarded to DASA through a grant from the federal Office of Juvenile Justice and Delinquency Prevention. The funding has helped to reduce teen drinking in the state.

Results of the 2002 statewide Healthy Youth Survey indicate that the number of students reporting alcohol consumption at least once in the 30 days prior to the survey declined significantly across all age groups:

Decreases in recent alcohol use since 1998:

- 6th grade – down by 42 percent
- 8th grade – down by 20 percent
- 10th grade – down by 22 percent
- 12th grade – down by 9 percent

National Academy of Sciences Reports to Congress on National Strategy to Reduce and Prevent Underage Drinking



In September the National Academy of Sciences (NAS) delivered a groundbreaking report to Congress entitled, "Reducing Underage Drinking: A Collective Responsibility." The report offers a comprehensive, science-based national strategy to combat underage drinking, including a review of existing Federal, State and non-governmental programs, including media-based programs, designed to change the attitudes and health behaviors of youth.

Developed by a panel of prominent public health experts, and independently peer reviewed for accuracy, the report considered the societal context in which underage drinking occurs. This included five elements:

- Alcohol is easy for youth to get;
- It is obtained from adults in commercial and social outlets;
- It is advertised in venues that reach youth;
- It is prominent in entertainment media, and;
- It is cheaper than it was 30-40 years ago (when price is adjusted for inflation).

The committee reviewed a broad array of interventions aimed at reducing underage drinking, and based on the available evidence of effectiveness, developed a comprehensive strategy, including the following key recommendations:

- **Adult-Oriented Media Campaign** — The report calls on the federal government to fund and support the development of a national media effort targeted at adults, as a major component of a campaign to reduce underage drinking. The goals of the national media campaign would be to instill a broad societal commitment to reduce underage drinking, to increase specific actions by adults that are meant to discourage or inhibit underage drinking, and to decrease adult conduct that tends to facilitate underage drinking.
- **Alcohol Excise Taxes** — The report cited extensive research conclusively establishing that increasing the price of alcohol is effective in reducing underage consumption. The committee recommended increasing excise taxes on alcoholic beverages and indexing those taxes to the consumer price index.
- **Advertising Restraint and Improved Monitoring and Reporting** — The report urges the alcoholic-beverage industry to strengthen its voluntary advertising codes, refrain from marketing practices that have substantial appeal to youth, and restrict ad placement to reduce youth exposure. It recommends that Congress appropriate funding for the U.S Department of Health and Human Services (DHHS) to monitor underage exposure to alcohol advertising on a continuing basis and to report periodically to Congress and the public.

Reducing Underage Drinking: A Collective Responsibility is available from the National Academies Press, 1-800-624-6242, or on the Internet at <http://www.nap.edu>.



Outcomes and Vision for Washington State Treatment Institute

By Fred Garcia

The second annual DASA-sponsored Treatment Institute was held in July. Over 300 people attended the three-day event held at Seattle Pacific University (SPU). Early analysis of the conference reveals that most participants appreciated the learning that occurred during the conference. In addition, most attendees liked the track system with concentrated time spent in one topical area.

Conference participants also voiced appreciation for the quality of the track presenters and the workshop leaders. The SPU campus overall seemed to be a good venue for this type of event and people really seemed to like the food that was served in the cafeteria. The lack of air conditioning in some of the rooms and the long lines to get into lunch or dinner were the most serious complaints.

So ... year-two was a success. Where do we go to from here? Our vision has been to create the premier addictions treatment institute for the northwestern part of the country. We envision a conference that has national standing and draws participants from surrounding states and Canada.

We envision an annual event where there is opportunity for in-depth, hands-on skill building via two and three-day tracks, workshops and other learning opportunities for state-of-the-art treatment. We would like to continue to bring in national experts and Federal officials to give our audience a national context for what is occurring within our field. We plan to identify and invite trainers and speakers who are pushing the envelope

in best practices. We plan to invite researchers who are leading the way to bridge the gap between research and practice. And, we envision a training setting that enables – indeed encourages – networking. We all learn from spending time with our peers, and we see this as an event where there is structured learning in a classroom setting, group discussions in a learning community environment, a chance for old friends to catch up with each other, and a chance to make new friends. Finally, we want to see this annual event occur in a setting that is pleasant, and that has a draw of its own. This will be an opportunity for counselors, administrators and others to recharge their batteries and have a little fun, along with the serious side of training.

In order to meet this vision, we need your ideas. Please tell us what you would like to see in a first class Treatment Institute. How can we meet your needs? What sessions would you like to see? What themes are appropriate for future Institutes?

The third annual Treatment Institute is scheduled for June 27 – July 1, 2004, at SPU. Please e-mail any feedback or conference ideas to DASA's Training Section at grunedd@dshs.wa.gov. Working together, DASA and the field can build an outstanding Treatment Institute that we are proud to host each year, and others across the nation will point to as a leader in training the addictions treatment field.

Fred Garcia is the Chief of Program Services for the DSHS Division of Alcohol and Substance Abuse. You may reach him at (360) 438-8228 or garcifw@dshs.wa.gov.

RCKC Hosts Drug Czar's Visit to Seattle

By Pat Knox

Recovery Centers of King County hosted a visit by John Walters, Director of the Office of National Drug Control Policy, in September. Director Walters was in Seattle to discuss the President's 25-Cities Initiative, a program designed to increase access to treatment and strengthen relationships between law enforcement and substance abuse prevention and treatment.

The afternoon's activities included meetings with key treatment, prevention, law enforcement, county and city officials, a larger meeting of providers, researchers, city, state and county officials, and a tour of the Detox Facility.

It was quite an experience touring detox with Director



Walters and the U.S. Marshals, who accompany him. He was genuinely interested in what we do, and in our patients.

After the tour, Director Walters met with Ken Stark, Director of the Division of Alcohol and Substance Abuse, Jim Vollendroff, King County's Chemical Dependency Coordinator, and me to discuss problems related to limiting federal detox and inpatient treatment funding to facilities with 16 beds or less under the Institution for Mental Disease Exclusion. Mr.

Walters expressed a willingness to help find solutions to remove obstacles to treatment access.

Pat Knox, Ph.D. is the CEO of Recovery Centers of King County. Pat may be reached at patknox@rckc.org.

New Location for the Alcohol/Drug Helpline and Clearinghouse

The Alcohol/Drug 24-Hour Helpline, and the Washington State Alcohol/Drug Clearinghouse moved to a new Seattle location in September. Their new address is 6535 5th Place South, Seattle, 98108-0243. A map to their new location is available on their website. All other contact information remains the same:



Alcohol/Drug Helpline
(206) 722-3700 or 1-800-562-1240
www.adhl.org

Alcohol/Drug Teenline
(206) 722-4222 or 1-800-562-1240
<http://www.TheTeenLine.org/>



Alcohol/Drug Clearinghouse
(206) 725-9696 or 1-800-662-9111
<http://clearinghouse@adhl.org>

The Alcohol/Drug 24-Hour Helpline (ADHL) provides confidential crisis intervention and referrals for people with alcohol and other drug-related problems. ADHL has been serving the general public and the professional community since 1979. Through calendar year 2000, they have responded to over 560,000 calls. ADHL was awarded the Alvirita Little Award for 1993. Staff and Volunteer members have received professional awards including the Chemical Dependency Professional of Washington State "Professional of the Year" Award and "Seafirst Volunteer of the Year" Award.

The TeenLine has been operating as a private, not for profit corporation since 1989. It is a state-wide, crisis intervention and referral service for teens to call 24 hours a day, seven days a week. The line is staffed by teen volunteers, primarily during evening hours, Monday through Friday. During the times teens are not available, adult volunteers staff the line.

The Washington State Alcohol/Drug Clearinghouse (WSADC) provides information to the people of Washington State on issues relating to alcohol and other drugs. As the State's designated Regional Alcohol and Drug Awareness Resource (RADAR) Network Center, WSADC links local communities with clearinghouses and information centers worldwide. A wide selection of posters, brochures, videos, guides, and other resources are available free of charge.

DASA Certifies Stillaguamish Tribe's Methadone Clinic in Snohomish County

By Dennis W. Malmer, DASA Certification Policy Manager

The Division of Alcohol and Substance Abuse (DASA) granted certification and accreditation to Island Crossing Counseling Services as an opiate substitution treatment program (OTP) in August. The program is run by the Stillaguamish Tribe of Indians.

OTPs provide medication therapy, such as methadone, in addition to individual, group, and family counseling and urinalysis testing. Services are provided by physicians, nurses, Chemical Dependency Professionals, and other agency support members.

Island Crossing Counseling Services, located at 21123 Smokey Point Blvd. in Arlington, is the 14th OTP to be certified and accredited by DASA in Washington; and the second tribal OTP in the United States. The other tribal OTP is the Pascua Yaqui Tribe, near Tucson, Arizona. Other DASA certified OTPs are in the counties of King, Pierce, Spokane, Thurston, and Yakima.

Island Crossing Counseling Services began offering services in mid-September. It had a waiting list of 65 clients ready for service at the time of certification/accreditation.

In addition to accreditation and certification by DASA, Island Crossing Counseling Services is also registered by the Washington State Board of Pharmacy; licensed by the federal Drug Enforcement Administration; and certified by the federal Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration.

For questions about the program, contact Dennis Malmer, DASA Certification Policy Manager, at (360) 438-8086; toll free at (877) 301-4557, or by email at malmedw@dshs.wa.gov, or Thomas Ashley, Stillaguamish OTP Director at (360) 652-9640.



Got FOCUS?



To continue bringing you useful information in FOCUS, let us know what matters most to you, and the drug prevention and recovery news and successes happening in your community. Send your comments and information to Deb Schnellman at schneda@dshs.wa.gov.

Highlights From the NPN Research Conference

By Jack Wilson, *Prevention Specialist*
Snohomish County Human Services Department

I recently participated in the 16th Annual National Prevention Network's Prevention Research Conference in Albuquerque, NM, along with more than 900 other prevention professionals. The theme this year was Prevention Success: Research and Practice Tell the Story. The conference, held August 24 through 27, featured the following keynote speakers: Mary Ann Solberg, Deputy Director of the Office of National Drug Control Policy (ONDCP); Beverly Watts Davis, Director, Center for Substance Abuse Prevention (CSAP); Dr. Alex Wagenaar, Director, Alcohol Epidemiology Program, University of Minnesota School of Public Health; and Richard Jessor, Ph.D., Professor, Department of Psychology, University of Colorado – Boulder.

Ms. Solberg said the overall priorities of ONDCP are to: 1) Prevent drug misuse and abuse before it starts; 2) Take treatment to drug users; and 3) Disrupt the illegal drug market. The goal is to reduce substance abuse in this country by 25 percent in five years. Their strategies include the National Youth Anti-Drug Media Campaign, the Marijuana Myths Campaign, better access to recovery, and the 25-City Initiative.

Beverly Watts Davis' presentation focused on the importance of building resilience and facilitating recovery through increasing accountability, capacity, and effectiveness in prevention programs.

Dr. Wagenaar stressed the importance of environmental prevention and changing drinking and drug use norms in our environment. Only 20 percent of alcohol and drug use violations are caused by high risk individuals, while over 75 percent are caused by those with moderate risk. Good environmental prevention can reduce the risk while individual strategies have shown limited success on changing the environment.

Dr. Jessor presented his research findings on high risk youth in Asia, Africa and the United States. Dr. Jessor's work over the years has laid the foundation for the risk/protective factor model that is currently used to address substance abuse and violence issues.

There were over 50 workshops during the course of the conference from model programs, to research and strategies. It was a tremendously valuable tool to help maximize the potential of successfully addressing substance abuse prevention strategies across the country. 🏠



New Video Shows Teens the Reality of Ecstasy

The Center for Substance Abuse Research has announced the availability of a new video on Ecstasy titled *Stolen Dreams: The Reality of Ecstasy*. The video is intended to educate middle school students about the psychological and physical effects that ecstasy use can have and encourages the development of effective decision making skills. The 15-minute video features young people who have experienced ecstasy use firsthand as well as renowned experts that highlight the effects of ecstasy use on the brain.

The youths in the video describe their various experiences with the drug, why they used it, and why they realize it was a mistake to use. Many reasons are given for taking ecstasy such as, "I thought it would just be a weekend thing." Many regrets are expressed as well. One girl discusses how she lost a lot of her values after she started taking ecstasy. A boy describes how his ecstasy use "tore his family to shreds." Another boy expresses his regrets at ever having tried ecstasy because now he can't skateboard as well as he used to.

Teens that choose not to use ecstasy offer their reasons, including wanting to achieve their goals and dreams, their fear of throwing away their potential, and missing out on activities such as the prom and sporting events. As one girl points out, "its just not the right choice."

The video also discusses the short and long-term affects of ecstasy use by showing what occurs in the brain after ecstasy use as well as what can happen as a result of an overdose of ecstasy.

Clips of *Stolen Dreams: The Reality of Ecstasy* can be viewed on CESAR's Drug Early Warning System (DEWS) website (www.dewsonline.org). The entire video is available for purchase for \$15. 🏠



University Presidents from Washington Play Leadership Roles in Prevention Efforts

By Deborah Costar

Three university presidents in Washington have been named to serve on the Presidents Leadership Group (PLG) sponsored by the U.S. Department of Education, Higher Education Center for Alcohol and Other Drug Prevention. The Washington members are President Karen Morse, Western Washington University; President Emeritus Susan Resneck Pierce, University of Puget Sound; and President Jerilyn McIntyre, Central Washington University.

With support from the Robert Wood Johnson Foundation, the PLG was formed to bring national attention to alcohol and other drug issues on college and university campuses. Representing a broad array of institutions of higher education, officials from 45 campuses in 27 states now participate in this effort. Presidents serve as prevention spokespersons, change agents, and models for their peers; they also support statewide and regional alcohol and other drug prevention efforts, and adopt leadership roles in developing or existing state and regional initiatives.

PLG members were chosen based on their previous alcohol and other drug prevention efforts, as well as their future plans for leadership in this area, both on their individual campuses and beyond. Western Washington University President Karen Morse, in partnership with the Bellingham Mayor, created a

campus and community coalition to address alcohol and other drug abuse, a group in which she remains actively involved. President Morse also played an instrumental role in co-sponsoring the 1998 Presidents' Initiative, in which presidents from Washington public and private universities gathered in Olympia to sign a statement affirming their commitment to alcohol and other drug prevention in their respective communities.

campus and community coalition to address alcohol and other drug abuse, a group in which she remains actively involved. President Morse also played an instrumental role in co-sponsoring the 1998 Presidents' Initiative, in which presidents from Washington public and private universities gathered in Olympia to sign a statement affirming their commitment to alcohol and other drug prevention in their respective communities.

In October of 2002 Dr. Morse and fellow PLG member Dr. Susan Resneck Pierce, President of the University of Puget Sound, co-signed a letter sent to college and university presidents in the state, encouraging them to support the Washington Statewide Initiative.

In October of 2002 Dr. Morse and fellow PLG member Dr. Susan Resneck Pierce, President of the University of Puget Sound, co-signed a letter sent to college and university presidents in the state, encouraging them to support the Washington Statewide Initiative to prevent collegiate substance abuse, which is being spearheaded by the Washington State College Coalition

for Substance Abuse Prevention. Also in October 2002 President Pierce hosted a conference for Northwest colleges that provided an overview of

President Morse played an instrumental role in co-sponsoring the 1998 Presidents' Initiative.



Karen Morse
President,
WU

During the conference, experts from Washington and around the country discussed high-risk behaviors associated with alcohol use and what colleges

are doing to address the challenges. President Pierce states that, "Ultimately, if colleges and universities

are to reduce alcohol abuse, we will need to act carefully and deliberately, with the clear goal of not just educating students but of changing their behavior. This effort will require campus and community leaders to move out of our collective state of

denial about excessive drinking. Most of all, it will require us to disabuse our students and our communities of the notion that drinking really is



Dr. Susan Resneck Pierce
President Emeritus,
UPS

Dr. Susan Resneck Pierce co-signed a letter sent to college and university presidents in the state, encouraging them to support the Washington Statewide Initiative.



Dr. Jerilyn McIntyre
President,
CWU

Dr. Jerilyn McIntyre has provided permanent funding for University Wellness Services and supports the enforcement of university alcohol policy.

just a part of students being students."

Dr. Jerilyn McIntyre, president of Central Washington University, has demonstrated her commitment to supporting a safe and healthy campus and community environment for her students in a variety of meaningful ways. On campus, she has provided permanent funding for University Wellness Services and supports the enforcement of university alcohol policy. She revitalized the University Alcohol and Drug Task Force by including members of the surrounding community and collaborating with local law enforcement. As a member of the new 2003 PLG cohort, the Higher Education Center looks forward to her continued leadership in alcohol and other drug prevention.

Having three University presidents serve on the PLG is a good indicator of the level of commitment by colleges and universities in the state to address this issue, as well as the leadership demonstrated by these presidents at the local, state and national levels. More information about the PLG and its members is available on the Higher Education Center Web site at www.edc.org/hec/.

Deborah Costar is the Chair of the Washington State College Coalition for Substance Abuse Prevention and Human Resources Specialist and Assistant to the Director, Department of Housing and Food Services, University of Washington. Josephine Crisostomo and Helen Stubbs, Higher Education Center, also contributed to this article.

Participants in the Canoe Journey make their way to Tulalip. Support from DASA helps to provide culturally appropriate prevention strategies, such as the year-long skill-building, opportunities and positive recognition that Native American youth receive while preparing for the Journey.

Photo courtesy of Doug North, Region 4
Indian Policy and Support Services Manager

News from the Western Center for the Application of Prevention Technology

- The Substance Abuse and Mental Health Services Administration (SAMHSA) has announced the award of a \$1 million Cooperative Agreement to the Oregon Health Science University to operate the "One Sky Center: American Indian/Alaska Native National Resource Center." This resource center will focus on the identification and fostering of effective and culturally appropriate substance abuse prevention and treatment programs and systems to support American Indian and Alaska Native populations and will be jointly administered by SAMHSA's Center for Substance Abuse Prevention (CSAP) and Center for Substance Abuse Treatment (CSAT).

- SAMHSA has announced availability of funds for conference grants to disseminate knowledge about practices within mental health services and substance abuse prevention and treatment. (Knowledge Dissemination Conference Grants, Program Announcement: PA03-002). The next receipt dates are January 10, 2004 and September 10, 2004.

Who Can Apply? Public and domestic private nonprofit organizations, including State and local governments, professional associations, voluntary organizations, self-help groups, consumer and provider services-oriented constituency groups, community based organizations, and faith-based organizations.

- Estimated Funds for FY 2003: \$825,000 (\$500,000 from CSAT, \$250,000 from CMHS and \$75,000 from CSAP).

■ Program Contacts:

For questions concerning substance abuse prevention topics, contact:

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CSAP/DPED, SAMHSA
Phone: (301) 443-7462
E-Mail: rmerello@samhsa.gov

For questions concerning mental health topics, contact:

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Center for Mental Health Services/
SAMHSA
Phone: (301) 443-3653
E-Mail: dmorris@samhsa.gov

For questions regarding substance abuse treatment topics, contact:

Kim Plavsic
Center for Substance Abuse Treatment/SAMHSA
Phone: (301) 443-7916
E-Mail: kplavsic@samhsa.gov

Sign Up Now for Substance Abuse Prevention Specialist Training

As the field of prevention is changing rapidly, prevention professionals need a comprehensive training that will enable them to address the changes and challenges.

The Western Center for the Application of Prevention Technologies (Western CAPT) developed and regularly updates a curriculum called Substance Abuse Prevention Specialist Training (SAPST). The Washington State Department of Social and Health Services' Division of Alcohol and Substance Abuse (DASA), along with key partner agencies, have sponsored these trainings throughout Washington State since 2001. More than 450 persons have completed SAPST training in Washington.

DASA is pleased to announce its tentative schedule of sponsored SAPST trainings for the 2003-2005 biennium. This list could be modified depending on the availability of appropriate facilities and local SAPST facilitators.



Seattle SAPST class of Fall 2003

Tentative DASA-sponsored SAPST trainings for 2003-2005 biennium:

| Dates | Type of Training | Location |
|-----------------------------|---|----------------------|
| November 17-21, 2003 | SAPST | (Central Washington) |
| February 16-20, 2004 | SAPST | (Eastern Washington) |
| April 19-23, 2004 | SAPST | (Western Washington) |
| June 21-25, 2004 | SAPST TOT | (Central Washington) |
| September 18-19, 2004 | SAPST TOT Skills Development Workshop | (Western Washington) |
| September 20-24, 2004 | SAPST | (Eastern Washington) |
| November 15-19, 2004 | SAPST | (Western Washington) |
| February | SAPST | (Central Washington) |
| April 18-22, 2005 | SAPST | (Eastern Washington) |
| June 20-24, 2005 | SAPST TOT | (Western Washington) |

Program Description:

This course allows participants to gain knowledge about prevention programs that utilize the latest research and science-based information. The course emphasizes accessing information on these programs and applying this knowledge to educate coalitions on their implementation. The workshop uses lecture and interactive discussion. Instructors are individuals who have led prevention programs that have demonstrated success by utilizing research-based procedures.

Training Focus:

- Scientific based research program - what it means
- Community assessment and problem statement formation
- Sources of information for effective prevention programs
- Matching local needs with model programs
- Program documentation and compliance
- Monitoring and evaluating program effectiveness
- Implementation of science-based process

Who should attend:

Most of the attendees have been community, county, tribal, or school-based prevention providers. However, agency administrators wanting a better understanding of substance abuse prevention are encouraged to attend, as well as community volunteers and other interested persons. This course is excellent for those new to the field, as well as veteran prevention professionals who want to improve their understanding of comprehensive prevention programming.

Length of training:

Five class days, 8 AM – 5 PM each day

Training cost:

There is usually no cost for the training. Participants pay for their own transportation, lodging, and meals.

Information about SAPST trainings:

For more information about DASA-sponsored SAPST trainings, contact:

DASA/Attn: Dixie Grunenfelder

Email: grunedd@dshs.wa.gov

Phone: (360) 438-8219

FAX: (360) 438-8057

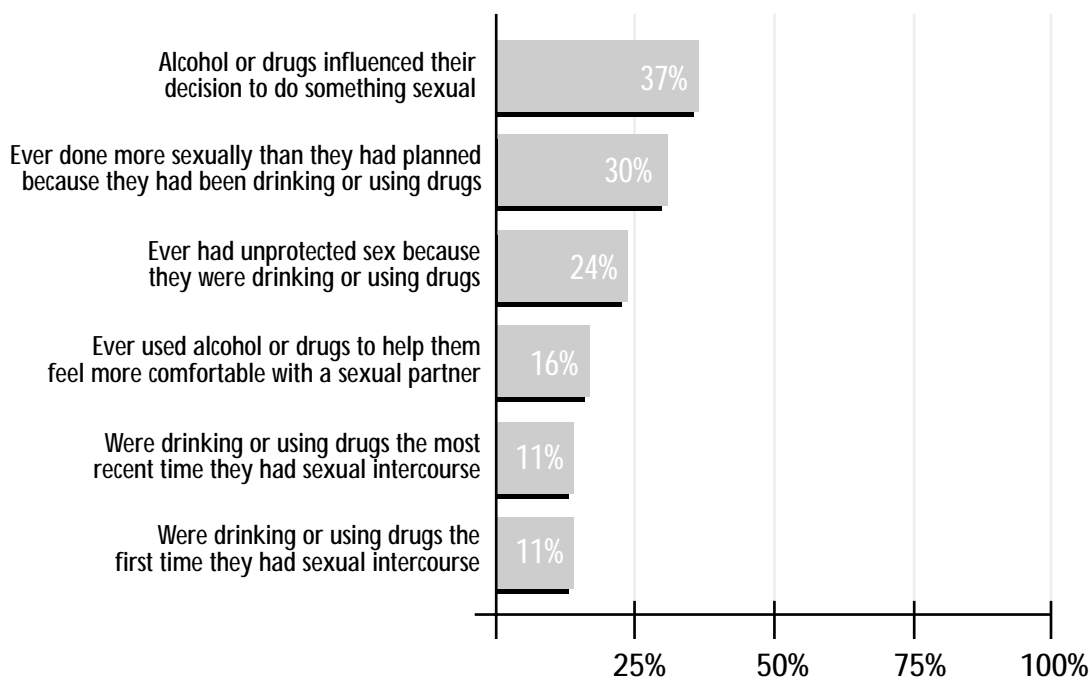
Sexually active young adults report that drinking and drug use affect the decisions they make about sexual intercourse, according to the 2003 National Survey of Adolescents and Young Adults.* Overall, 80% of young adults age 18-24 have had sexual intercourse. Of these, more than one-third (37%) reported that alcohol or

One-Third of Sexually Active Young Adults Report Alcohol and Drug Use Influenced Their Decision to Do Something Sexual

drugs have influenced their decisions about sex and thirty percent said that drink-

ing or using drugs had caused them to do more sexually than they had planned. Nearly one-fourth (24%) reported that they had not used a condom during sex because they were drinking or using drugs. Drugs and alcohol were used by 16% of young adults in order to feel more comfortable with their sexual partner, and one in ten (11%) were under the influence of either drugs or alcohol the most recent time they had intercourse. These findings are consistent with those of previous studies of alcohol and drug related sexual behavior among U.S. high school students.

Percentage of Sexually Active Young Adults (age 18-24) Reporting Alcohol or Drug Related Sexual Behaviors, 2003



* The National Survey of Adolescents and Young Adults is a nationally representative telephone survey of 1,854 youths and young adults age 13-24 conducted between November 2001 and February 2002.

SOURCE: Adapted by CESAR from Kaiser Family Foundation, Hoff T., Greene L., Davis J., National Survey of Adolescents and Young Adults: Sexual Health Knowledge, Attitudes and Experience. The Henry J. Kaiser Family Foundation, 2003. For more information visit www.kff.org.



Co-Occurring Disorder and Drug/Alcohol Diagnosis

By Toni Krupski, Ph.D., DASA Research Administrator

Study finds 25% of patients discharged from state hospitals had either A Co-Occurring Disorder or a Drug/Alcohol Diagnosis only.

In a recent study sponsored by the Division of Alcohol and Substance Abuse (DASA) in collaboration with the Mental Health Division (MHD), University of Washington researchers followed-up all adults discharged from the state psychiatric hospitals in 1996 (a total of 2,041 individuals). The purpose of the study was to determine what proportion of these patients had alcohol/drug problems and also to determine what services patients received in the five years after discharge.

Some results of the study are summarized below:

- 25% of patients discharged from Washington State psychiatric hospitals had either a co-occurring (mental health/substance abuse) disorder (16%); or an alco-

hol/drug diagnoses only, with no indication of a mental illness (9%). Despite this fact, very few of these patients received subsequent chemical dependency treatment.

- Significant proportions (58% - 84%) of clients with substance abuse/dependence diagnoses were found to come into the state hospitals through the criminal justice system. In fact, the more alcohol/drug involvement, the greater the likelihood of a criminal justice referral.
- Patients with COD or alcohol/drug diagnoses were found to have a 50% higher risk of death than their counterparts with mental illness only. The median age at death was 57 in the mental illness only group as compared to 42 years in the patients with alcohol/drug diagnoses. Moreover, the cause of death was likely to be due to injury/accident, or a medical condition related to substance abuse among patients with alcohol/drug involvement. Cause of death among patients who had mental illness only were more likely to be chronic diseases in the form of cardiovascular disease or cancer.

The authors concluded that future policy efforts should be focused on ways to revamp the current system to enhance more appropriate referrals for clients with chemical dependency issues. They also suggested further study to evaluate the capacity of state hospitals to treat forensic cases. They point out that if alternate approaches to managing forensic cases could be found, it may result in more appropriate treatment, with significant long-term cost savings.

The study was conducted by Charles Maynard, Ph.D., and Gary Cox, Ph.D., from the University of Washington Alcohol and Drug Abuse Institute. Copies of the full report may be requested from the Washington State Alcohol/ Drug Clearinghouse at (206) 725-9696 in Seattle, or 1-800-662-9111 statewide, or by email: clearinghouse@adhl.org. Questions about the report can be directed to Toni Krupski, Ph.D., DASA Research Administrator, at (360) 438-8206 or at krupstk@dshs.wa.gov.



Drug-Free Communities Grants Awarded

By Michael Langer

The Federal Office of Juvenile Justice and Delinquency Programs (OJJDP) has awarded 10 new "Drug-Free Community Grants" in Washington State with a total value of more than \$900,000. The awards are intended to help existing Community Coalitions in their efforts to reduce local substance abuse problems.

Awards are renewable up to 5 years, with a gradual decrease in funding amount beginning in year three. Community Coalitions are required to provide a 100% match to the award.

The Division of Alcohol and Substance Abuse has supported the work of the Coalitions through training opportunities, electronic communication list-serve, and grant writing workshops specific to this OJJDP Application.

Michael Langer is the Prevention Services Supervisor for the DSHS Division of Alcohol and Substance Abuse. He may be contacted at langeme@dshs.wa.gov.



The 2003 Washington State Coalition Awardees include:

| | |
|---|-----------|
| Kent Youth and Family Services | \$99,981 |
| Wahkiakum Community Network | \$99,160 |
| Snohomish County | \$99,892 |
| Greater Maple Valley Community Center | \$89,648 |
| Selah School District | \$100,000 |
| Chelan/Douglas Counties Together for Drug-Free Youth | \$91,408 |
| Sequim School District | \$99,600 |
| Granite Falls School District | \$100,000 |

In addition, the following Community Coalitions were awarded OJJDP Drug-Free Community Mentor Awards:

| | |
|---|----------|
| Yakima Valley Substance Abuse Coalition | \$74,993 |
| South Whidbey Youth Center | \$54,973 |

Prevention Success Story

Ruth Dykeman Children's Center Helps Teen End Gang Involvement

By Violeta Cortez

Juan-Carlos Alva, a fifteen year-old member of Ruth Dykeman's Children's Center – Leaders in our Neighborhoods (LI-ONS), has shown many changes in his attitudes, behaviors, and academic success since joining the program. Juan-Carlos has begun to express serious interest in his academic success. Many times he has asked for extra help on school projects, research and homework. Not only is he discussing the importance of school success, he is also taking concrete steps to improve his grades.

Juan-Carlos has made changes in his social life as well. This young man chose to miss his first school dance in order to participate in the Partners in Prevention retreat. After attending the retreat, he expressed how much he enjoyed the retreat and that he is looking forward to future drug prevention activities. He has also been vocal about his choice to live a drug free life.

some time ago. As what seems to be a final goodbye to his history of unhealthy choices, he recently quit the gang.

Juan-Carlos has begun to talk about his future goals of pursuing a career as an artist. Since his involvement in the LI-ONS program, Juan-Carlos made many changes in his life and expresses a strong commitment to continue making healthy choices. We look forward to providing resources, support and encouragement as he achieves his goals.

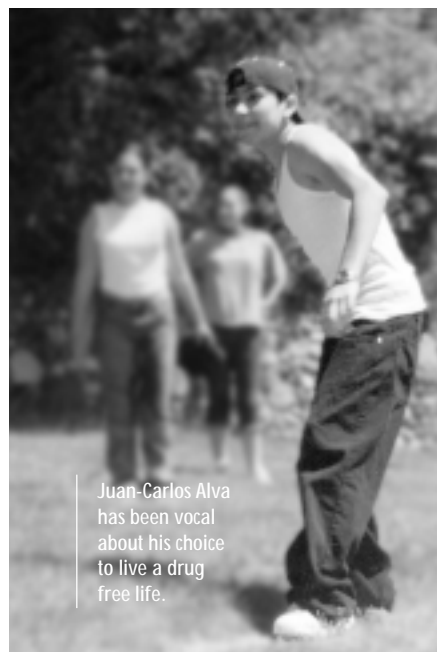
Violeta Cortez is a substance abuse prevention counselor for LIONS. LIONS began in

Juan-Carlos was once a part of what teens call a "clique" which is viewed by most professionals as a gang. He was jumped into this gang through a violent ritual

1997 as an outgrowth of Project LOOK, a comprehensive education and prevention program for elementary-aged children.

During 2001-2003, Ruth Dykeman-LI-ONS was funded by a DASA grant through Public Health - Seattle and King County to reduce the risk factors of early first use of alcohol, tobacco and other drugs, low neighborhood attachment and community disorganization, academic failure, and family management

problems. LI-ONS provides tutoring and homework help, community volunteer projects, and training in positive parent/child communication. DASA thanks Juan-Carlos and the Ruth Dykeman Children's Center for sharing their success. 🐾



Juan-Carlos Alva has been vocal about his choice to live a drug free life.

Washington Increases Investment in Evidence-Based Prevention Programs

The drug prevention field in Washington is increasing its efforts to put prevention science into practice. Beginning July 1, 2003 the DSHS Division of Alcohol and Substance Abuse (DASA), in partnership with its county providers, will require the use of evidence-based prevention programs in at least 50 percent of programs it funds. In addition, 100 percent of DASA-funded programs must incorporate the Principles of Effective Prevention as defined by the federal Center for Substance Abuse Prevention (CSAP).

Evidence-based programs must be selected from the list of programs on the website of the Western Center for the Application of Prevention Technology (Western CAPT). Their webaddress is www.unr.edu/westcapt. Western CAPT is one of six regional centers funded by CSAP to assist states, jurisdictions, and community-based prevention programs in implementing evidence-based and culturally appropriate strategies in their efforts to prevent the use and abuse of alcohol, tobacco and other drugs.

Many DASA prevention providers had been using evidence-based prevention programs prior to July 1, and several have exceeded the 50 percent requirement. Providers receive training and technical assistance to implement their selected best practices. Some of the best and promising practice programs being implemented in Washington over the next two years include Project Alert, Strengthening Families Program, Life Skills Training Program, Big Brothers-Big Sisters Mentoring Program, Guiding Good Choices (formerly Preparing for the Drug Free Years), and Storytelling for Empowerment.

For more information about research-based prevention programs, visit the Western CAPT website, or contact one of the following Regional Prevention Managers for DASA:

| | | |
|-----------|----------------|----------------|
| Region 1: | Shelly Young | (509) 329-3734 |
| Region 2: | Oscar Buckley | (360) 407-1108 |
| Region 3: | Pam Darby | (360) 407-0777 |
| Region 4: | Deb Schnellman | (360) 438-8799 |
| Region 5: | Tom Pennella | (360) 438-8494 |
| Region 6: | Scott Waller | (360) 438-8093 |

A new study shows that teens who see or hear anti-drug ads at least once a day have significantly stronger anti-drug attitudes and are up to 38% less likely to use drugs.

"There is a clear correlation between exposure to anti-drug ads and the decisions teens make regarding drugs," said Ed Keller, CEO of RoperASW. "With a relationship this strong, it's evident that working to boost the number of teens who see or hear anti-drug messages on a daily basis can help drive down drug use."

The data are drawn from a nationally projectable study, the 2002 Partnership Attitude Tracking Study, of 7,084 teens across the country (margin of error +/- 1.5%). RoperASW, a leading global marketing research and consulting firm, collected and ana-

lyzed the data and found that compared to teens who see or hear anti-drug ads less than once a week, teens who get a daily exposure to such messages are:

- 38% less likely to have tried methamphetamine (8% vs. 13%)
- 31% less likely to have tried crack/cocaine (9% vs. 13%)
- 29% less likely to have tried Ecstasy (10% vs. 14%)
- 14% less likely to have tried marijuana (38% vs. 44%)
- 8% less likely to have tried any illicit drug (47% vs. 51%)

The study also found that in several instances, teens who see or hear anti-drug ads "every day or more" have significantly stronger anti-drug attitudes than teens who see or hear those ads less than once a week.

Compared with their peers who see or hear the ads less often, those who are exposed to these ads on a daily basis are:

- 17% more likely to see great risk in using marijuana regularly (63% vs. 54%)
- 11% more likely to see great risk in using methamphetamine regularly (81% vs. 73%) – and 11% more likely to see great risk in even trying methamphetamine (51% vs. 46%)
- 11% more likely to see great risk in using Ecstasy regularly (78% vs. 70%)
- 50% more likely to say the ads have made them less likely to try or use drugs (48% vs. 32%)

"Time and again, national research has shown a clear relationship between perceptions of risk and actual drug use," said Steve Pasierb, president and CEO of the Partnership for a Drug-Free America® (PDFA). "Attitudes drive behavior, so while no one is going to suggest that anti-drug



Study Finds Teens Who Get Daily Dose of Anti-Drug Ads Are Less Likely to Use Drugs

By Deb Schnellman

Those Who See Ads Every Day Are Up To 38% Less Likely To Use Drugs

ads alone can solve the drug problem, the numbers tell us we should be doing all we can to make sure more kids are getting daily doses of research-based, credible drug education messages."

The Partnership for a Drug Free America is a non-profit group of communications professionals dedicated to helping kids and teens to reject substance abuse by influencing attitudes through persuasive information. Partnership volunteers have been creating anti-drug ads since 1987. RoperASW gathers and analyzes data for an annual tracking study for the Partnership.

Deb Schnellman is the State Alliance Coordinator for the Partnership for a Drug Free Washington. She can be reached at (360) 438-8799 or schneda@dshs.wa.gov.

The Faces of Prevention and Treatment

Clallam

The Little County That Could

By Florence Bucierka

A couple of years ago the Clallam County Prevention Works! Community Coalition did a presentation "The Little County that Could" at the State Prevention Summit. The panel consisted of a lawyer in private practice, a representative of one of the four Tribes in the county, a parent, a social service provider, one of the three County Commissioners and the Drug and Alcohol Coordinator. That cooperation encapsulates how substance abuse prevention and treatment function in Clallam County - by collaboration and support, by blending funding, using the generous support of volunteers and leadership.

Clallam County had the first Juvenile Drug Court in the Northwest in 1997 and started its Adult Drug Court in 1999. The Juvenile Court has about 20-25 youth and the Adult about 65. Over 70% of Adult Drug Court clients are addicted to methamphetamine.

Our little part of paradise has its problems with alcohol, tobacco, and other drugs though headway is being made. The comparison of 1999 and 2002 youth surveys indicated that 30-day use had declined in every grade except for 8th grade marijuana use.

Prevention Works! was formed in 1998 with six members and now has over 200. It has been focused on the prevention of substance abuse, child abuse and neglect, and violence with a special emphasis on working with families of young children, using research based strategies, and a professional evaluator. The integration of the research on early brain development and the risk and protective model drove the decision to emphasize parent education and home visiting with parents of young children.

Clallam County was the site of one of the Gravely Disabled projects which was very successful in treating clients who were high utilizers of services, addicted to methamphetamine, had criminal or Child Protective Services involvement and had co-occurring disorders.

Florence Bucierka has worked as the Human Services Planner for the Clallam County Department of Health and Human Services for five and a half years. She holds the hats of Drug and Alcohol Coordinator and Prevention Specialist and acts as the staff person to the Clallam County Prevention Works! Community Coalition. As such she has the opportunity to be active in the treatment and prevention arenas. She currently serves as co-chair of the ACHS/DASA statewide Prevention Committee.

Originally from Kennewick, Florence worked for 20 years for Planned Parenthood of Metropolitan Washington, D.C., where she encountered drug prevention and treatment issues in her work with pregnant teens., before returning to the "real" Washington in 1997. She has a Bachelor's degree from Beloit College, Beloit, Wisconsin and a Master's from the Graduate School of Public Health at the University of Pittsburgh, Pittsburgh, Pennsylvania.

“Clallam County had the first Juvenile Drug Court in the Northwest in 1997 and started its Adult Drug Court in 1999.”

— Florence Bucierka



Yakama Nation Sponsors Month-Long Recovery Celebration

By Patricia Ike

The Yakama Nation Alcohol Program in Toppenish, Washington took part in promoting Alcoholism and Drug Addiction Recovery Month in September.

The staff of our program launched a community wide effort to celebrate recovery. We used the sample proclamation from the Recovery Month website forwarded by DASA, then developed a proclamation supported by the Yakama Nation Tribal Council to encourage tribal involvement in this national campaign.

We received information about "Hands Across the Bridge", a recovery event that commenced on the Vancouver and Portland I-5 bridge on September 1st. Six members of the Yakama Nation were the only Native Americans who participated in this awesome event.

To close our activities, the Recovery group sponsored a Sobriety Pow-wow on September 27 at the Toppenish Community Center. They recognized and honored individuals in recovery with a presentation of a sobriety coin and honor song. There was tribal singing/drumming, raffles, concessions, and guest speakers. This event was open to the public.

For more information about our Recovery Month celebration, contact the Yakama Nation Alcoholism Program at (509) 865-5121, extension 4455.

Patricia Ike is a Program Manager with Yakama Nation Alcohol Program. Other Program Staff who participated are: Paula Winnier, Virginia James, Debbie Dogsleep, Jeanette Estrada, Nicole Cree, Melissa Parrish, Calvin Charley, Fred Hoptowit, and Carrie Jo Jones. Other participants included Guy Gregg and Duane from the Church on the Rock.

Other celebration and promotional events included:

- 13 tribal members traveled to participate in Umatilla's 2nd Annual Sobriety Pow-wow in Mission, Oregon.
- The staff coordinated with the Church on The Rock in Wapato to facilitate Talking Circles every Tuesday evening. This Talking Circle has evolved into a diverse cultural support group. Native Americans, Hispanics, Caucasians and African Americans meet together to support each other in recovery.
- KYNR Radio 1490 supported our recovery events by airing recovery stories every Monday afternoon. They are also airing Public Service Announcements distributed by DASA.
- On September 14th the Yakima Herald newspaper published an article about our Recovery Month activities (<http://www.yakima-herald.com>)
- During the Yakama Nation Indian Days Celebration September 19-21 at White Swan, the recovery group hosted a teepee Talking Circle in conjunction with this celebration.
- On September 25, the Recovery group sponsored a panel and skit at the Yakama Nation Agency Eagle Seelatsee Auditorium from.

State and National On-line Resources

- Chemical Dependency Professionals of Washington: www.cdpcertification.org
- Community Anti-Drug Coalitions of America: www.cadca.org
- Join Together: www.jointogether.org
- Media Literacy Education: www.teenhealthandthemedias.net
- National Anti-Drug Media Campaign: www.mediacampaign.org
- National Clearinghouse on Alcohol and Other Drug Information: www.health.org
- National Council on Alcoholism and Drug Dependence: www.ncadd.org
- National Institute on Drug Abuse: www.drugabuse.gov
- Office of National Drug Control Policy: www.whitehousedrugpolicy.gov
- Partnership for a Drug-Free Washington & America: www.drugfree.org
- Substance Abuse and Mental Health Services Administration: www.samhsa.gov
- Washington State Alcohol/Drug 24-Hour Helpline: www.adhl.org
- Washington State Alcohol/Drug Prevention Clearinghouse: <http://clearinghouse.adhl.org>
- Washington State Department of Health – Tobacco Prevention and Control Program Newsletter: www.doh.wa.gov/tobacco
- Washington State DSHS Division of Alcohol and Substance Abuse: www1.dshs.wa.gov/dasa
- Washington State Liquor Control Board: www.liq.wa.gov
- Washington State Office of Community Development – Safe and Drug Free Communities: www.ocd.wa.gov
- Washington State Office of the Superintendent of Public Instruction – Safe and Drug Free Schools: www.k12.wa.us/SafeDrugFree
- Washington Traffic Safety Coalition: www.wtsc.gov

Upcoming Education and Awareness Events: November – January



NOVEMBER '03

TIE ONE ON FOR SAFETY CAMPAIGN:
Thanksgiving Day through New Year's Eve
Contact: www.madd.org

- 19 GREAT AMERICAN SMOKEOUT: Contact:
American Cancer Society (800) ACS-2345
Website: www.cancer.org and
www.quitnet.org

**Want to share FOCUS with others?
Let them know it's on DASA's
website at www1.dshs.wa.gov/dasa
(click on "What's New")**

**For more information
or to register for trainings,
contact DASA's Training Section
at 1-877-301-4557**



DECEMBER '03

National Drunk and Drugged Driving
Prevention Month: Contact National 3-D
Prevention Month Coalition,
(202)452-6004, or www.3dmonth.org

Holiday Drinking Awareness Kit: Contact
National Council on Alcoholism and Drug
Dependence,
www.ncadd.org/programs/awareness

First Week of December: 16th Annual
Impaired Driver Traffic Safety Conference.
Contact: Washington Traffic Safety
Commission, (360) 753-6197



JANUARY '04

National Mentoring Month: Contact:
Washington State Mentoring Partnership at
(360) 438-8494 or www.mentoring.org

National Birth Defects Awareness Month:
Contact: March of Dimes (888) MODIMES
or www.modimes.org

ONGOING INFORMATION AND MEDIA RESOURCES

Washington State Alcohol/Drug Clearinghouse:
<http://clearinghouse.adhl.org>

Partnership for a Drug Free Washington and
America: www.drugfree.org

Washington State Tobacco Prevention Media
Campaign: www.doh.wa.gov/tobacco

Washington State Mentoring Partnership:
www.mentoring.org

ONDCP National Anti-Drug Media Campaign:
www.mediacampaign.org

Leadership to Keep Children Alcohol-Free:
www.alcoholfreechildren.org

Facing Alcohol Concerns Through Education:
www.faceproject.org

Join Together: www.jointogether.org



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▲ Please detach here ▲

| Reader profile | | |
|--|---|---|
| <p>I work in the following area:</p> <p><input type="checkbox"/> treatment</p> <p><input type="checkbox"/> prevention</p> <p><input type="checkbox"/> education/training</p> <p><input type="checkbox"/> professional association</p> <p><input type="checkbox"/> research</p> <p><input type="checkbox"/> legislative</p> <p><input type="checkbox"/> judicial</p> <p><input type="checkbox"/> health care</p> <p><input type="checkbox"/> other</p> <p>I work for:</p> <p><input type="checkbox"/> private business</p> <p><input type="checkbox"/> community nonprofit</p> <p><input type="checkbox"/> federal government</p> <p><input type="checkbox"/> state government</p> <p><input type="checkbox"/> local government</p> | <p>Which best reflects your opinion for each of the following:</p> <p><i>(Choose from Always, Usually, Sometimes, Never, Don't Know)</i></p> <p>FOCUS is:</p> <p>_____ Informative</p> <p>_____ Interesting</p> <p>_____ Believable</p> <p>_____ Timely</p> <p>_____ Easy to read</p> <p>_____ Attractive</p> <p>_____ Other</p> | <p>What I like most about FOCUS is:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |
| | | <p>What I like least about FOCUS is:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |
| <p>How well does FOCUS inform you about?</p> <p>A Lot A Little Not At All</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> DASA programs and activities</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> DASA mission</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> goals and policies</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> drug misuse and addiction issues from around Washington state</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> new developments and issues on a national level</p> | <p>I prefer reading FOCUS in the following format:</p> <p><input type="checkbox"/> hardcopy</p> <p><input type="checkbox"/> from DASA's website</p> <p>How many others do you share FOCUS with:</p> <p>_____</p> | <p>Topics I would like to read more about in FOCUS are:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |
| <p>Name: _____</p> <p>Phone Number: _____</p> <p>Email Address: _____</p> <p>_____</p> | | |

Thank you for completing this survey.

Please fax completed survey to DASA, attention Deb Schnellman at (360) 438-8057.